



The ND Eating Disorder Spectrum Wheel









Eating disorders & disordered eating can be experienced quite differently in neurodivergent individuals when compared to the current rigid, individualistic, & reductive diagnostic criteria.

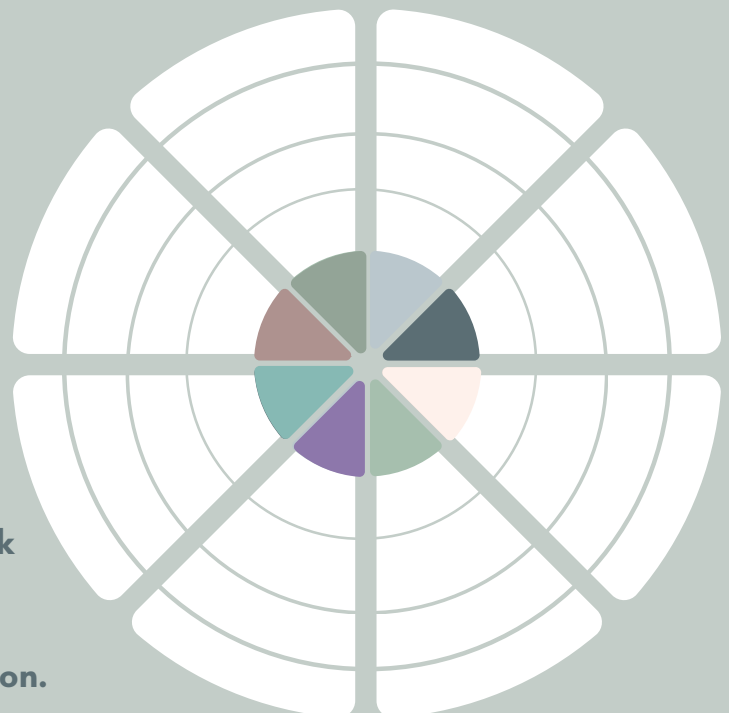
Neurodivergent experiences of harmful or distressing feeding, eating, drinking, and exercise behaviors/thoughts often don't align with the rigidity of current eating disorder diagnoses.

If you struggle with identifying, expressing, or understanding your experience with feeding, eating, & movement as a neurodivergent person consider the spectrum wheel below.

Feel free to use this wheel model to communicate to those around you (family, friends, clinicians) your experience with food, Bodymind, movement, coping, & distress.

Neurodivergent Eating Disorder Spectrum Wheel

-  Thought preoccupations, rumination, & compulsions specific to food, exercise, weight, shape, body image, rules, & beliefs.
-  Body control and compensatory behaviors to prevent wt. gain, in response to Bodymind distress, to avoid physical sensations or emotions, etc.
-  Emotional dysregulation & intolerable affective states (specific to trauma, discrimination, food, body image, ND, etc.).
-  Loss of control eating (regardless of reason or amount).
-  Symptom substitution (substance use, self-harm, eating/exercise related, etc.)
-  Food avoidance. Inability to consume food/nutrition supplementation for known or unknown reasons.
-  Stimulation & sensory-based eating/lack thereof, exercise, & other behaviors.
-  Ingesting non-food substances; rumination.





The ND Eating Disorder Spectrum Wheel

Consider filling in the areas of each domain where you are most impacted below, while adding descriptions and examples of your own experience.

This is an example of a ND person filling in the domains that most impact them in their day-to-day life.



- Ring 1: no impact on my quality of life.
- Ring 2: occasionally but minimal impact.
- Ring 3: sometimes but easy to manage.
- Ring 4: regularly interferes with my life & well-being.
- Ring 5: significantly interferes with my life and wellbeing.

Neurodivergent Eating Disorder Spectrum Wheel

● **Thought preoccupations, rumination, & compulsions:** _____

● **Body control and compensatory behaviors:** _____

● **Emotional dysregulation & intolerable affective states:** _____

● **Loss of control eating:** _____

● **Symptom substitution:** _____

● **Food avoidance:** _____

● **Stimulation-based behaviors:** _____

● **Ingesting non-food substances:** _____

